

**Thank you** for choosing True•B6 by LIDTKE. We sincerely wish the best of health for you and your family.

LIDTKE True•B6 is made from the finest quality Pyridoxal 5-phosphate, the natural form of vitamin B6 used by hundreds of cellular processes in our body.\* Vitamin B6 is critical to our production of neurotransmitters and proteins, both necessary for normal mental and physical health.\* Vitamin B6 is now recognized for its benefits to cardiovascular health.\* LIDTKE stands behind each product and guarantees customer satisfaction for 365 days from the date of purchase.

**Best by:**

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**Warning:** KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



**LIDTKE®**

Superb Quality Since 1994

**True•B6®**

**P-5-P (50 mg)**

Active Coenzyme Form of B6\*

*Supports a Healthy  
Nervous System\**

*Purest on the Planet*



**60 VEGAN Capsules • A DIETARY SUPPLEMENT**

**DIRECTIONS** (Adults): Take one (1) capsule or as directed by your doctor. Best if taken with food or beverage.

## Supplement Facts

Serving Size: 1 capsule

|                       | Amount<br>Per Serving | % Daily<br>Value |
|-----------------------|-----------------------|------------------|
| Pyridoxal 5-Phosphate | 50 mg                 | N/A**            |

† Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established

Other ingredients: vegan capsule (kosher), arrowroot flour (hyperallergenic).

**No added** gluten, yeast, wheat, corn, soy, rice, dairy, eggs, tree nuts, peanuts, fish, shellfish, sugar, artificial color or flavor, or preservatives.

**Non-GMO.**

Formulated and Distributed by:

**LIDTKE Technologies**

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Adverse events may be reported above.

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